



# LIZARD Care Sheet

## Eastern Bearded Dragon

*Pogona barbata*

Occurs along eastern Australia, far north Queensland, through New South Wales and northern Victoria, to south-eastern South Australia. They typically inhabit cool temperate to tropical open forest and woodlands.

*Adult size (excluding tail):  
Approximately 250mm*

### Temperature

Day time air temperature 22-32°C, night time should not be lower than 16°C. The Bearded Dragon should be able to regulate its body temperature at 35°C by moving to and from a basking spot of 35°C at 100-150mm above the bottom of the vivarium (usually on a sloping rock or branch ornament). **Reptile One Daylight Basking Lamp** or **Reptile One Fan Heater** positioned over the sloping ornament is ideal, the soft air movement created by the **Reptile One Fan Heater** circulates the air in the vivarium more efficiently, the wattage size of the heat lamps are determined by the size of the vivarium and internal décor. Bearded Dragons are diurnal (day time) reptiles and will require the day lights/heat lamps to be turned off at night, to keep your Bearded Dragons warm at night, place a **Reptile One Heat Mat** under a **Reptile One Cave** or **Log**, this will allow the bearded Dragon to settle on the mat while feeling protected by the ornament. The **Reptile One Heat Mat** can be left on all the time so do not position directly under the **Reptile One Daylight Basking Lamp**. The heat mat should not be greater than 25% of the floor area.

### Enclosure

Reptile One have a range of enclosures and cabinets that are suitable for Bearded Dragons. Minimum suggested size would be 60cm, with a choice of glass or timber finishes. The aesthetic properties of the **Reptile One Desert Sand** will enable you to create a replica of the natural environment. In conjunction with the sand; **Reptile One Bedding for Lizards** can be used to give different surface textures. Reptile One have a variety of artificial plants that will provide shade areas in the vivarium enabling the Bearded Dragon a retreat when needed.

### Backgrounds

The range of Reptile One artificial rock backgrounds allow you to choose a natural look for your vivarium.

### Ornaments

A choice of Reptile One decorative rocks and tree branches will give you the ability to provide sloping basking sites and are easy to clean.

### Diet & Feeding

Bearded Dragons are basically omnivorous requiring a balance of insects (crickets, cockroaches or mealworms) and a mix of green or red vegetables (spinach, coloured lettuce, tomato, peppers or yellow flower petals). Juvenile Dragons will need to be fed daily the vegetable mix and insects while the adults, if active fed daily or if not so active, two to three times per week. The insect should be dusted with **Reptile One Vitacal** twice a week. All uneaten food should be removed in the afternoon daily. Reptile One have a range of corner or round drinking dishes. We suggest to use shallow dishes to allow the Bearded Dragon to stand in the dish without drowning. Care should be taken not to create wet areas from water spillage, as Bearded Dragons have a low tolerance to humidity. It might be necessary to drip water onto the lips of juvenile Bearded Dragons daily to get them to drink, be sure to ask what the juvenile has been used to when you purchase them. Feeding dishes are used to feed the green vegetables or wet food in; this prevents the Bearded Dragon from ingesting sand.

### Lighting

**Reptile One Fluorescent Reflector** with a **Reptile One UVB10.0 Tube** positioned a minimum 30cm above the basking spot, will provide useful UV to enhance dietary calcium absorption and vitamin D3 production essential to Bearded Dragons.

### Handling

It is recommended before purchasing your Eastern Bearded Dragon to have a demonstration on the best way to hold juveniles and adults. **IT IS IMPORTANT TO WASH YOUR HANDS BEFORE AND AFTER HANDLING.**

### Important

Seek advice from a specialist reptile veterinarian for all health issues.

It is illegal to remove native reptiles from the wild in Australia without the appropriate Government permits, please check your states regulations on the appropriate permits to enable you to keep captive bred reptiles.

*Please do not release any captive reptiles into the wild as this will disrupt the natural order of our environment.*

*This information is brought to you by  
Reptile One and Aquarium Spare Parts*